

He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.
—PROVERBS 16:32 NKJV



“Anger is a natural physical and emotional reaction to perceived injustice.”
—ROBERT JEFFRESS

“Do you know what makes me mad?”

- Displeasure

“Do you know what makes me mad?”

- Displeasure

When people do things we don't like.

**“People who fly into a rage
rarely make a good landing.”**

—WILL ROGERS



“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**

*When we don't
see eye-to-eye
with another, we
begin to get
ear-to-ear.*

**He who is slow to wrath
has great understanding,
but he who is impulsive
exalts folly.**

—PROVERBS 14:29 NKJV

**A man's discretion makes
him slow to anger,
and it is his glory to
overlook a transgression.**

—PROVERBS 19:11 NAS

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**
- **Disappointment**

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**
- **Disappointment**

When people let us down or things don't turn out the way we planned

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**
- **Disappointment**
- **Disrespect**

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**
- **Disappointment**
- **Disrespect**

When people put us down or demean us, we get angry; we cry for justice.

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**
- **Disappointment**
- **Disrespect**
- **Disposition**

“Do you know what makes me mad?”

- **Displeasure**
- **Disagreement**
- **Disappointment**
- **Disrespect**
- **Disposition**

If we are not careful, we can become and live in anger—“chip on the shoulder” attitude.

“Each of us in our selfishness tends to expect others, things or circumstances to bring us the level of satisfaction from life that we believe we deserve. Expecting God’s creation to meet our deepest needs and to bring us a satisfying life is the basis for developing an ‘angry heart.’ ”

“When our expectations are not fulfilled hundreds of times a year, we become frustrated and hurt over the lack of being fulfilled; our heart fills with hundreds of small embers of anger. Each unforgiven ember of hurt or frustration can build into a lava flow of anger.”

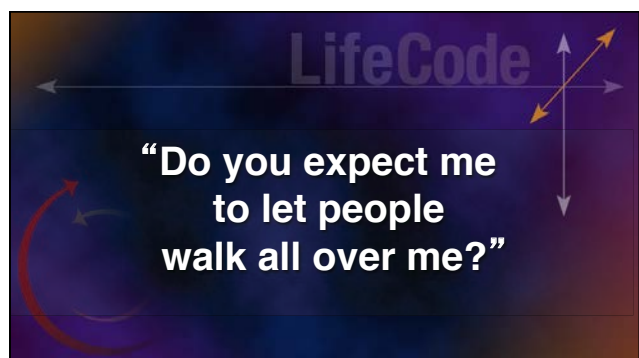
“These embers of unforgiveness are the main obstacles that prevent us from knowing the Lord as He desires; they keep us from experiencing His love and Spirit for a life of lasting fulfillment.”

—GARY SMALLEY

Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. —JAMES 4:1-3 NKJV

“One man gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault. Life is about the same. The discord is there, and the harmony is there. Study to play it correctly, and it will give forth the beauty; play is falsely, and it will give forth the ugliness. Life is not at fault.” —ANONYMOUS

Great Quotes and Illustrations, by George Sweeting



**“How much more grievous
are the consequences of
anger than the causes of it.”**

—MARCUS AURELUS

**Scoffers set a city aflame,
but wise men turn away wrath.**

—PROVERBS 29:8 NKJV

**He who is slow to anger is
better than the mighty,
and he who rules his spirit
than he who takes a city.**

—PROVERBS 16:32

LifeCode

**“Do you have some
insights to help me
deal with my anger?”**

**A
N
G
E
R**

Assess the Issues

**N
G
E
R**

A quick-tempered man acts
foolishly, and a man of wicked
intentions is hated.

—PROVERBS 14:17 NKJV

“assess before
you express”

He who answers a matter
before he hears it,
it is folly and shame to him.

—PROVERBS 18:13 NKJV

Assess the Issues
Narrow Your Focus
G
E
R

The beginning of strife is
like releasing water;
therefore stop contention
before a quarrel starts.

—PROVERBS 17:14 NKJV

Be angry, and do not sin;
do not let the sun go down
on your wrath, and do not give
the devil opportunity.

—EPHESIANS 4:26-27

Assess the Issues
Narrow Your Focus
Guard Your Tongue
E
R

A soft answer
turns away wrath,
but a harsh word
stirs up anger.

—PROVERBS 15:1 NKJV

A wrathful man stirs up strife,
but he who is slow to anger
allays contention.

—PROVERBS 15:18 NKJV

Assess the Issues
Narrow Your Focus
Guard Your Tongue
Exercise the Leverage and
Release Forgiveness
R

Do not answer a fool
according to his folly,
lest you also be like him.

—PROVERBS 26:4 NKJV

“I will permit no man to narrow
and degrade my soul
by making me hate him.”

—BOOKER T. WASHINGTON

For as the churning of milk
produces butter, and wringing
the nose produces blood, so the forcing
of wrath produces strife.

—PROVERBS 30:33 NKJV

Hatred stirs up strife,
but love covers all sins.

—PROVERBS 10:12 NKJV

“One thing worse than this
prison camp on the outside is
the prison of hate in the heart.”

—CORRIE TEN BOOM

Open rebuke is better than
love carefully concealed.

—PROVERBS 27:25 NKJV

Assess the Issues
Narrow Your Focus
Guard Your Tongue
**Exercise the Leverage &
Release Forgiveness**
Review Your Relationships

Make no friendship with an angry
man, and with a furious man
do not go, lest you learn his ways
and set a snare for your soul.

—PROVERBS 22:24-25 NKJV

A decorative graphic on a dark purple and blue background. It features several arrows: a horizontal grey arrow pointing left, a vertical grey arrow pointing down, a diagonal orange arrow pointing up and to the right, and a curved red arrow pointing left. The word "LifeCode" is written in a light blue, sans-serif font at the top.

LifeCode

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